

Please find below, Utah State Parks and Recreation news for January 6:
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- Cold Water Immersion Steps to Survival
- Helmets, Safety and Equipment are Topics of Snowmobile Safety Week

COLD WATER IMMERSION STEPS TO SURVIVAL

Salt Lake City- As air temperatures drop and ice begins to form on reservoirs, Utah State Parks boating officials remind everyone to be aware of the dangers of sudden winter storms and cold water temperatures.

"You never know when you might end up in the water. Life jackets not only keep you afloat, but provide an extra layer of warmth," said Assistant Boating Program Manager Chris Haller. "The combination of additional heat and flotation might mean the difference between life and death."

According to the 1-10-1 Principle, someone in cold water has one minute to get their breathing under control, 10 minutes to have enough strength and dexterity to self-rescue, and up to one hour of consciousness. After this time, survival chances decrease dramatically.

Haller also recommends the following cold water boating safety tips:

- Have a ladder or a method to re-board your boat
- Carry a signaling device, such as a mirror or flare gun
- Carry a cell phone or marine band radio with service where you boat
- Always tell someone your boating plans including where you are going and what time you will return
- Check local weather conditions before heading out
- Carry the proper equipment onboard your boat

For more information, visit stateparks.utah.gov or call (801) 538-BOAT. Wear it Utah!
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HELMETS, SAFETY AND EDUCATION ARE TOPICS OF SNOWMOBILE SAFETY WEEK

Salt LakeCity-- National Snowmobile Safety Week is January 10 through 18. For this eight-day observance, and throughout Utah's snowmobile season, Off-Highway Vehicle (OHV) Education Specialist Ann Evans is stressing helmets, safety and education.

"Because of the recent snowstorms, thousands of Utahns are heading to the mountains," said Evans. "We want everyone to ride safely and know the laws and rules before they go. Be educated and be prepared." She encourages riders to check avalanche, trail and weather conditions, and share itineraries with family and friends.

Utahlaw requires youth eight to 15 to complete the Utah State Parks and Recreation Know Before You Go! OHV education course before operating on public lands, roads or trails. Anyone 16 or older must have a valid Utah driver's license or a safety certificate to operate snowmobiles on public land. It is illegal for any child under age eight to operate an OHV on public land.

All youth under age 18 are required by law to wear a properly fitted and fastened helmet approved by the Department of Transportation. Utah Department of Health (UDOH) and Utah State Parks strongly recommend that all riders wear helmets, especially parents who set an example for children and other riders.

In addition to helmets and education, Evans offers the following safety tips:

- Never ride alone. Always ride with a companion and let others know your plan.
- Watch your fuel supply carefully.
- Check weather reports and avalanche advisories. Be prepared by wearing an avalanche beacon and carrying a shovel and probe.
- Dress for changing weather conditions. Wear layered clothing to adjust for changing conditions.
- Never drink and drive.
- Always wear an approved helmet designed for motorized use. It's the law for anyone under 18 to wear a helmet at all times. Utah State Parks encourages everyone to wear a helmet.
- Know basic maintenance procedures. Carry spark plugs, drive belts, a tool kit and a survival kit which contains a map, compass, flashlight, extra food, extra clothing, sunglasses, first aid kit, pocket knife, waterproof matches, and candles or fire starters.

For registration materials or more information, call the OHV Information Center at 1-800-OHV-RIDE (1-800-648-7433).

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